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IN THEIR NEW BUDDY FLICK, SANDRA BULLOCK AND MELISSA MCCARTHY PLAY COPS AND BFF'S WHO NEVER ONCE OBSESS OVER FINDING A MAN

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Solar flair

London's WeWi Telecommunications has found an affordable way to channel the sun's energy into a laptop

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Where's Noah when you need him?

Corralling big cats and runaway hippos are among challenges faced by workers at the flooded Calgary Zoo

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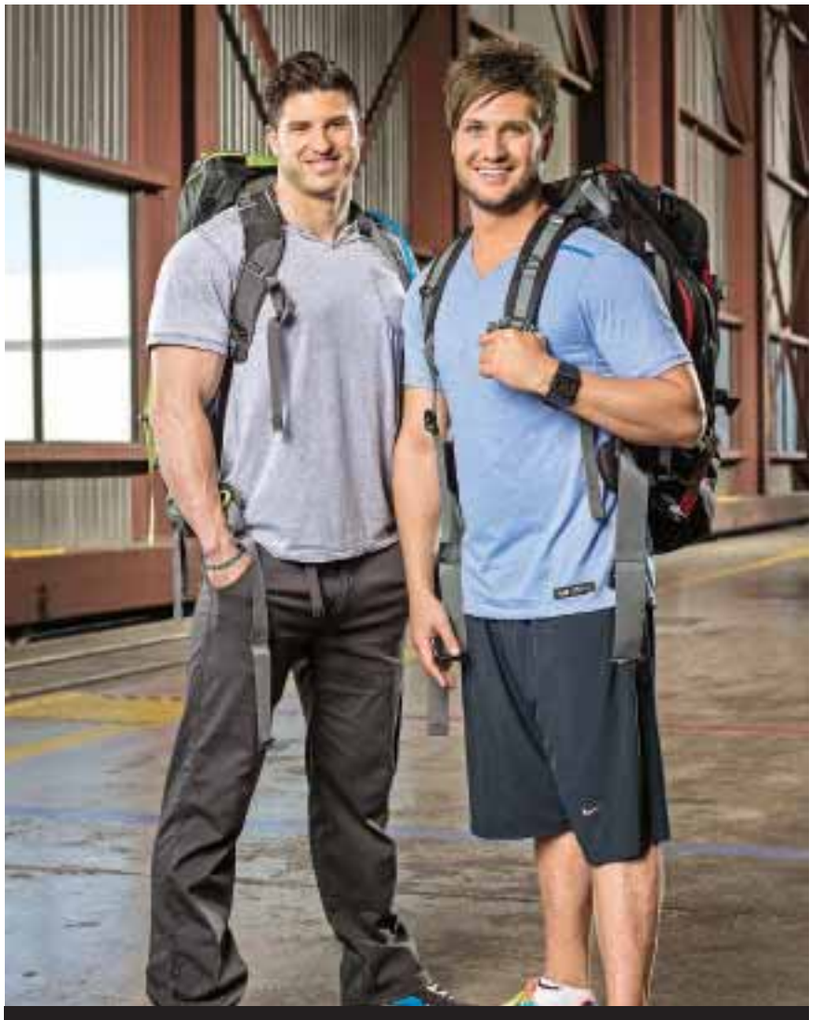
Keystone's key condition

The U.S. will approve the Keystone XL pipeline only if it doesn't worsen greenhouse gas emissions, President Barack Obama says

PAGE 5

NEWS WORTH SHARING.



AMAZING ODYSSEY

London best buds Jet Black, 32, left, and Dave Schram, 28, are about to become household names. The duo will be front and centre when the first season of Amazing Race Canada debuts next month. Story, page 4.

CONTRIBUTED/CTV

High drama over London megaprojects

Future at stake. City councillors clash on multimillion-dollar planning questions

MIKE DONACHIE
mike.donachie@metronews.ca

There was a night of high drama at city council on Tuesday as councillors argued over a series of multimillion-dollar developments.

"London is alive, is modern, is well and wants to progress," Mayor Joe Fontana declared as he tried to persuade council to accept the first big project to reach the top of the pile.

It was PenEquity's plans for a cinema and retail complex on a lot between Dingman Drive and Exeter Road, near Highway 401 at the top of Wellington.

Fontana said the various applications would amount to hundreds of millions of dollars and create huge numbers of jobs, but he couldn't get it to pass right away. He said it is vital that London is seen as "open for business," mentioning city staff's work to attract Kilmer Brownfield, which on Monday announced plans for the London Hydro site on Horton Street that could create 500 jobs.

Of the PenEquity site, Fontana said: "I tell you that this is our gateway. The most important part of our city is at the corner of Wellington and the 401.

"We have an opportunity with this application and others to send a message that we are open, that we are a modern, dynamic city."

The thorny issue of the lot's trees was crucial. The mayor played down the site's environmental importance, calling it a "veg patch" that even has a sewer running through it.

But Coun. Harold Usher was unable to ignore the green question, formally asking council to refer the application back to committee and seek a full environmental assessment in the hope of preserving trees.

Coun. Steve Orser spoke against referral, saying the city needs jobs and investors must be allowed to invest, but Coun. Joni Baechler said a wetland assessment was required by law.

In the end, every councillor spoke on the issue. Eight councillors voted to send the plans back for more information, with seven against.

Still on the agenda as Tuesday night's meeting continued, long after Metro's press time, were Fincore Group's housing, retail and health-care plans for SoHo and York Developments' retail project at Wonderland Road South and Wharncliffe Road South.

Green lights given:

- Council OK'd the downtown master plan, designed to revitalize the area;
- Sifton Properties' commercial/retail application at Wharncliffe Road South;
- The next step toward residential/mixed use at South Street hospital lands;
- A review of taxi bylaws that may include the need to pay fares in advance.

Online

For more on Tuesday's council meeting, go to metronews.ca.

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Cyclists: 'We need a voice'

Pedalling power. New local advocacy group saw nearly 500 respondents to survey questions

London cyclists want more bike lanes, pathways and an advocacy group that will make their voices heard to city government, results of an online survey show.

The newly minted London Cycling Group, which organized the survey, said 89 per cent of the 445 respondents think London needs an organization dedicated to bicycle safety, advocacy and events.

"Eighty-five per cent think the primary thing a group like this can do is to advocate to the city for bike lanes, multi-use paths and road construction," spokeswoman Anthea Rowe said. "As some people put it in the comments, 'We need a voice.'"

Another person posted: "I don't feel safe cycling on many of London's streets; such a group could help make London safer for cyclists."

On the other hand, only 49 per cent of respondents are willing to pay for such an organization.

"Some people feel strongly that we shouldn't get municipal funding," Rowe said, "while other people feel an advocacy group should get some sort of regular funding."

Many think donations, rather than forced dues, would be the preferred method of financial support.

Rowe stressed that the city has not promised the group anything as of yet.

Those questioned also responded to the need for the group to provide resources on rules of the road, how to repair bikes and tips for commuting to work.

"Surprisingly, very few people cared about using the collective power of the group to increase their purchasing power," Rowe added. "Only three people thought the most important thing the group could do is negotiate member discounts for local bike shops and related businesses."

Organizers hope to discuss the results with city management in the coming days to figure out how to enhance the cycling experience and then how to go about putting a plan into action. SCOTT TAYLOR/METRO

Notes, comments from London Cycling Group survey:

- "I would love for the path moving along the Thames from Western to downtown to be cleared regularly during the winter."
- "Great paths east-west and downtown-north — but what about from downtown to the south?"
- "The fact that our city was recently ranked 36 out of 46 on a list of groups of best-to-worst drivers in Ontario (Allstate Insurance study for the period 2010-12 inclusive) is appalling, but confirms what I and many of my friends have decided independently: Of all the places we've lived in Canada, London is home to the worst drivers, making this a highly risky place to undertake biking on a regular basis."

Creating safe places for cycling, such as bike lanes and more paths, is top of mind for London riders, a new survey shows. SCOTT TAYLOR/METRO

Saxamaphone. New cash for TVDSB's young musicians

The Thames Valley District School Board has approved an $822-million budget for 2013-14, including a hefty chunk of change to replace aging musical instruments in elementary and secondary schools.

The money for instruments will be spread over five years. A report presented to the board showed that 87 per cent of instruments in TVDSB secondary schools are more than 20 years old.

High-quality instruments last an average of 10 to 15 years, while instruments of average quality last four to 10 years, the report showed.

"Replacing musical instruments is a wise investment," Laura Elliott, executive superintendent of program services, said in a statement. "Students are more eager to learn how to play using a good-quality instrument." METRO

Out with the old

$1.25M

Amount set aside to replacing old musical instruments for Thames Valley students.

Rebound expected

Housing sales dipping: CMHC

Local home sales and construction starts will be slightly lower this year compared to 2012, says a new report from the Canada Mortgage and Housing Corporation. But a rebound is expected in 2014.

The agency says the resale market will be helped along a bit this year with young Londoners staying in the city. Housing starts are expected to dip, though — there will be fewer apartment complexes started compared to 2012. METRO

Suspects loose

Cabbie robbed at knifepoint: Police

London police are looking for help in identifying suspects from a May 25 knifepoint robbery.

Police say two men got into an Aboutown cab while another stood by outside. Police say the men pulled a knife and robbed the driver. The driver was not injured.

The suspects are described only as white men about 19 to 20 years old.

Anyone with information should call police at 519-661-5670 or Crime Stoppers at 800-222-8477. METRO

My God, the heat!

Hot stretch breaks early

Take a deep breath, London.

The Middlesex-London Health Unit lifted its heat alert on Tuesday, several days earlier than expected.

Issued on Friday, the alert was expected to continue through Thursday, warning of high humidity mixed with sweltering heat.

Tuesday's high hit 26 C with a humidex reading of 33. Environment Canada is calling for highs in the mid-20s for the rest of the week. METRO

Amazing Race Canada.
Show was 'an awesome experience': London team

Best friends from London are still beaming after competing in a once-in-a-lifetime adventure for $250,000 in the inaugural Amazing Race Canada.

Jet Black, a 32-year-old police officer, and buddy Dave Schram, 28, can't talk about where they've been or how they fared on the show. But what came shining through during interviews on Tuesday is their exhilaration at having taken on the adventure in the first place.

CTV issued a casting call months ago when it was announced this country would finally stage its own version of the long-running U.S. show. Schram wasn't sure at first, but said others urged them to do it.

"People kind of relate us together, kind of like a package, so people said we'd be great for this," he said.

Black needed some convincing, too, but in time they produced a video and sent it in.

"We really didn't do anything special in it," Schram said. "It's just us on a couch being ourselves. Our biggest strength is when it is just he and I, when we get to play off of each other."

Neither was overly familiar with the show, to say the least. "I haven't even owned a TV in years, so I think I saw maybe Season 2," Black admitted.

Schram trained like a demon, while for Black, the spirit was willing but the flesh weak. "I certainly had the best intentions. Dave got into great shape, he did a lot of running. I'm a fitness guy anyway, but cardio is not my forte," he said.

Schram took a month off from his post at Sterling Marking to compete, while Black, surprisingly, was given time off from the police force.

"Well, my dad owns the company, so it was a little easier for me," Schram said.

"I think they saw it as a chance to represent myself and the police service with pride," Black added.

While they can't talk about any individual aspects of the show, they can share an overview. "It was just such an awesome experience getting to see Canada," Schram said. "Ninety per cent of people will never see a fraction of Canada, let alone see the stuff we got to see and do."

SCOTT TAYLOR/METRO

Jet Black, left, and Dave Schram were coaxed into auditioning for Amazing Race Canada by friends. CONTRIBUTED/CTV

Flood relief

Londoner lends hand out west

The Salvation Army's Perron Goodyear is headed to Alberta to help with flood relief. Goodyear, director of emergency and disaster services for the agency's Great Lakes division, left London on Tuesday. It's not his first venture into areas devastated by natural disasters. He spent two weeks in Galveston, Texas, after a 2008 hurricane and was the Salvation Army's point man for relief efforts tied to the 2011 tornado in Goderich. METRO

$20-million grant

Western gets money for heart, stroke research

Western University researchers are getting $20 million to find treatments for and ways to reduce the risk of cardiovascular diseases. The money, which will be spread across 10 years, comes from the new Heart and Stroke Foundation Research Leadership Circle, which is trying to accelerate its goal of seeing a 25 per cent reduction in deaths from heart disease and stroke by 2020. METRO

WeWi Telecommunications executives David Snir, from left, Roland Carson and Yoram Snir have developed a laptop that runs off the energy captured from solar panels. The project was inspired by the company's work in Africa. MIKE DONACHIE/METRO

London company turns sunshine into laptop power

Unveiling this week.
Computers to be distributed to schools over in Africa

KEVIN HURREN
london@metronews.ca

The beep of a "low-battery" notification is enough to throw laptop users into a panic.

Worry no longer, say the folks at WeWi Telecommunications Inc.

The London-based company has developed what's billed as the first "affordable" solar-powered laptop on the market. The price tag is under wraps until an official unveiling on Wednesday at the London Convention Centre. But it's expected to be cheaper than the only other option on the market, officials said.

WeWi plans to start distributing the laptops soon to schools across Africa, starting in Ghana and then moving to Kenya and, it's hoped, to South Africa at some point.

WeWi researchers started working on the design after developing an Internet network on several parts of the continent, chief technology officer Roland Carson said.

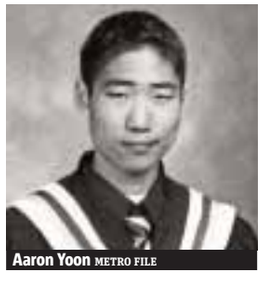
With the network in place, they realized there was only one piece missing — computers, but not the conventional kind. Solar power, Carson said, was the only way to go.

"The (electricity) infrastructures are old, and the population has grown exponentially," he said. "We have built something specifically for them."

Charging ahead

- For each two hours it spends in the sun, WeWi Telecommunications' laptop will run for eight to 10 hours, officials say.

Amnesty backs London native's torture claim



Aaron Yoon METRO FILE

Amnesty International says it supports the claims of a Londoner who says he has been tortured in a North African prison.

Alex Neve, head of Amnesty's Canadian branch, said he believes the torture allegations made by Aaron Yoon, 24, who has been in a Mauritanian prison since 2011 on terror-related charges, including a link to the January terrorist attack on an Algerian gas plant.

Neve said Yoon told Canadian government officials that he'd been tortured. Amnesty International plans to follow up with Ottawa to see what's being done about the case.

Neve has just finished a 10-day trip to Mauritania where he repeatedly met Yoon, who denies all the terrorism charges against him.

"I would say that his torture allegations were vivid and detailed," Neve said. "They're certainly credible and completely consistent with the wider pattern that we've known to be the case for quite some time in Mauritania. Torture is very commonplace during the early period of detention."

THE CANADIAN PRESS

Keystone XL. Obama says pipeline must not make pollution problem worse

American authorities should approve TransCanada's Keystone XL pipeline only if they're certain it won't "significantly exacerbate" greenhouse-gas emissions, U.S. President Barack Obama said on Tuesday as he unveiled a national plan to combat climate change.

In a highly anticipated speech on his second-term climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said. "And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

TransCanada is pleased with the president's remarks because "the almost five-year review of the project has already repeatedly found that these criteria are satisfied," CEO Russ Girling said in a statement released Tuesday.

Meanwhile, environmentalists also cheered Obama's assertions on the project.

"The reference to the Keystone XL pipeline doesn't bode well for pipeline proponents," said John Bennett, executive director of Sierra Club Canada. "Stating approval could only happen if it didn't lead to an increase in greenhouse-gas emissions is clearly a death sentence for Keystone — it's an impossible task."

THE CANADIAN PRESS

Deciding factor

"The net effects of the pipeline's impact on our climate will be absolutely critical to determining whether this project is allowed to go forward."

U.S. President Barack Obama

Stay Mayor! Compete for a 'high' score in mobile game based on Rob Ford

A mobile game for Android devices is lampooning the controversy surrounding an alleged video appearing to show Toronto Mayor Rob Ford smoking crack cocaine.

In Stay Mayor! by Toronto-based developer Extra! Extra! Games, the player controls a cartoon mayor being pursued by a pack of "bloodthirsty" reporters and cameramen.

The player's mission is to collect $201,255 to buy the alleged video before the U.S. website Gawker can.

Players must dodge crack pipes littered on the ground while being chased by the media and will lose a life if they're stopped for a scrum.

But they also have access to footballs to hurl at the pesky reporters.

Stay Mayor! is a free download via the Google Play marketplace.

THE CANADIAN PRESS

Nunavut

Tourists stranded on huge ice floe

Officials were trying Tuesday to rescue tourists stuck on an ice floe in Nunavut.

Nineteen tourists and 12 hunters were trapped when a massive floe broke away from the shore. The chunk of ice floated back Tuesday afternoon. The hunters escaped but the tourists could not from their location.

A Hercules plane dropped life-rafts, and the Canadian Forces were sending more aircraft.

THE CANADIAN PRESS

Montreal

New new mayor certain he won't get raided by cops

Montreal's new interim mayor is making what passes for a bold prediction these days for a politician in the city: He's confident his offices won't be targeted in any police raids.

Laurent Blanchard was crowned Tuesday, making him the city's third mayor in less than a year.

He will hold the job only until a November election.

THE CANADIAN PRESS

Those who stayed for flood stoke outrage

High River, Alta.
Authorities, citizens blame each other for causing more harm

Kelly Dennis makes no apologies for disobeying a mandatory evacuation order and remaining in her High River, Alta., home while most residents were forced out to high ground as floodwaters raged in.

"We saved it," she said on Tuesday. "We had a generator pumping."

The lockdown of High River, the hardest-hit community in last week's floods, has been a major source of tension.

Most of the town's 13,000 residents left when asked last week, and they now want back in. About 300 stayed, and police have so far opted not to force them out.

On Tuesday, the town's mayor beseeched residents to have some understanding for the monumental recovery task.

"We do not have sanitary sewer. We have no water for those folks. We have no utilities for those folks," an animated Emile Blokland said at an afternoon update.

"When they get here, we have no gas for their cars. We don't have a grocery store open. We don't have the medical centre. We don't have protective services for them."

The people who stayed were making matters worse, said Dave Galea of the Alberta Emergency Management Agency.

Police said eight people who stayed behind have had to be rescued so far. THE CANADIAN PRESS

Six-year-old hippo Lobi explores the African Savannah building on Sunday at the Calgary Zoo. HANDOUT/CALGARY ZOO

Zoo keepers go on safari

Swimming with high-powered rifles, corralling giraffes with picnic tables and coaxing dangerous cats are some of the challenges the Calgary Zoo has had to face in the aftermath of massive flooding.

One of the more spectacular tales involves the hippos.

According to Jake Veasey, director of animal-care conservation and research, there was a real danger of the hippos escaping, possibly even into the nearby Bow River.

Once the water in the hippo enclosure flooded over, the animals swam out into the public area of the African Savannah building.

Veasey and other zoo staff risked their lives several times to ensure the safety of the animals and the public.

At one point, they managed to rope in a shipping container that was floating down the river to barricade the animals in.

And when one of the hippos got stuck in a holding area, staff were forced to create a walkway of sandbags for the belligerent beast.

Checking in on them was not an easy task, either, as staff had to don rifles and swim into the building, not knowing where the hippos were at any given moment.

"If we started to see buckets and bins move in a way that didn't make sense, that would alert us," Veasey said.

"There is so much debris that if a hippo submerges, you can't see them."

The zoo announced the loss of some peacocks and fish, but said there's still a danger more animals may not make it in the coming days.

CANDICE WARD/FOR METRO IN CALGARY

Woman held in Que. corruption scandal the first denied bail

Pamela Porter hides from the cameras on June 14.
RYAN REMIORZ/THE CANADIAN PRESS

Of the 106 people arrested by Quebec's anti-corruption squad, she is the first to have been denied bail.

Pamela Porter, the wife of Canada's former spy watchdog Arthur Porter, had her request for freedom refused during a hearing on Tuesday.

She faces one charge of conspiracy as well as another related to laundering more than $22 million stemming from the construction of Montreal's English-language superhospital.

She is accused of helping her husband, the former head of the Security Intelligence Review Committee and of the McGill University Health Centre, launder the money.

The bail process was covered by a publication ban, so details cannot be reported. However, in the end, Judge Robert Marchi agreed with the Crown's contention that Pamela Porter presented a flight risk.

The Porters were arrested separately last month in Panama on an Interpol warrant. She agreed to return to Canada to face charges.

Meanwhile, Arthur Porter remains in a Panamanian prison and is fighting his extradition to Canada on the grounds his arrest was illegal because he has diplomatic immunity. THE CANADIAN PRESS

Chinese workers say captive boss hasn't paid them

Chinese workers keeping an American executive confined to his Beijing medical-supply factory said Tuesday that they had not been paid in two months in a compensation dispute that highlights tensions in China's labour market. The executive, Chip Starnes of Specialty Medical Supplies, seen here Tuesday behind the bars of his office window, denied the workers' allegations of two months of unpaid wages, as he endured a fifth day of captivity at the plant.

MARK RALSTON/AFP/GETTY IMAGES

Adidas strikes deal to supply Olympic team

Four-year partnership. Agreement with COC covers high-performance clothing and footwear

Canadian winter Olympian Meaghan Mikkelson speaks at an event in Toronto on Tuesday announcing the sponsorship of the team by Adidas. FRANK GUNN/THE CANADIAN PRESS

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting-goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outwear layers for outdoor training, and long- and short-sleeve performance T-shirts along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be involved in grassroots events around the country encouraging participation in sport.

The campaign, called What it Takes, will feature freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track speedskater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelson, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.

THE CANADIAN PRESS

Mobile. BlackBerry launches service for rival smartphones

BlackBerry is launching a business service for corporate and government workers with rival Google Android and Apple smartphones.

It's called the Secure Work Space, and it allows Apple and Android users to separate their data and work apps, such as email and calendars, from their personal apps, bringing a greater level of security.

The business service is a way for BlackBerry to compete with its rivals — which have been eating into its business user base — of mainly long-term corporate customers. Those deals can be highly lucrative.

BlackBerry announced plans for broadening its business services earlier this year. The new service makes its security features and operating system available to the growing trend of "bring your own device" users who have opted for something other than a BlackBerry phone.

The company launched its new BlackBerry 10 line of smartphones in January.

BlackBerry announces its fourth-quarter results on Friday.

THE CANADIAN PRESS

Retail. Indigo to launch stores outside Canada in two years

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products.

Chief executive Heather Reisman said Tuesday that the firm plans to launch brick-and-mortar stores outside of the country in about two years, though she declined to say which markets the retailer is considering.

The bookseller has been trying to boost its profitability by stocking more high-margin products, such as gifts, toys and lifestyle items, in an effort to adapt to shifting consumer trends.

THE CANADIAN PRESS

The bookseller has been trying to boost profitability with gifts and lifestyle items — like this Hello mug. INDIGO.CA

Television. Diddy to launch Revolt TV network this year

Diddy had been working on developing a TV network for years. When he was almost shut out of performing on ABC's Dancing With the Stars around the release of a 2010 album, the rapper-producer felt he needed to launch the network sooner rather than later.

He believed there weren't enough outlets for musicians on TV, and that moment drove home the point. He's launching Revolt TV in the fall.

"There should be a brand for music, and now we have that brand that's going to focus on music and not reality shows," he said. "Once some of the other channels stopped having focus on music and focused more on reality ... it left a gaping hole for artists and fans of not having a place to go."

Sean (Diddy) Combs
THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

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Market Minute

DOLLAR 95.16¢ (-0.21¢)

TSX 12,005.42 (+168.56)

OIL $95.32 US (+14¢)

GOLD $1,275.10 US (-$2)

Natural gas: $3.66 US (-8¢)
Dow Jones: 14,760.31 (+100.75)

Beer

Molson revives I AM Canadian promotion

After a decade-long absence, Molson is reviving its I AM Canadian tagline.

The popular campaign is best recalled for The Rant, an award-winning 2000 commercial that featured an Everyman character crowing proudly about an identity that didn't involve living in an igloo, eating blubber or owning a dogsled.

"Canada is the second largest landmass, the first nation of hockey and the best part of North America," he declared. "My name is Joe and I am Canadian."

The stirring spot by Toronto's Bensimon Byrne D'Arcy sparked a patriotic fervour and helped drive Molson Canadian's market share up by 1.5 percentage points to 18.5 per cent, to the tune of $30 million, according to the company.

The Rant, however, won't be revived, Molson said. Instead, the campaign is rolling out with $1 million in promotional merchandise.

TORSTAR NEWS SERVICE

Federal post

Balsillie to chair clean-tech agency

One of the former co-CEOs of the company now known as BlackBerry has been appointed to lead a federal agency dedicated to the growth of clean-technology companies in Canada.

Jim Balsillie will become chair of Sustainable Development Technology Canada under a five-year agreement with the federal agency, Natural Resources Minister Joe Oliver announced on Tuesday.

THE CANADIAN PRESS

TRUE NORTH STRONG AND FAT

JUST SAYIN'

Paul Sullivan
metronews.ca

Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

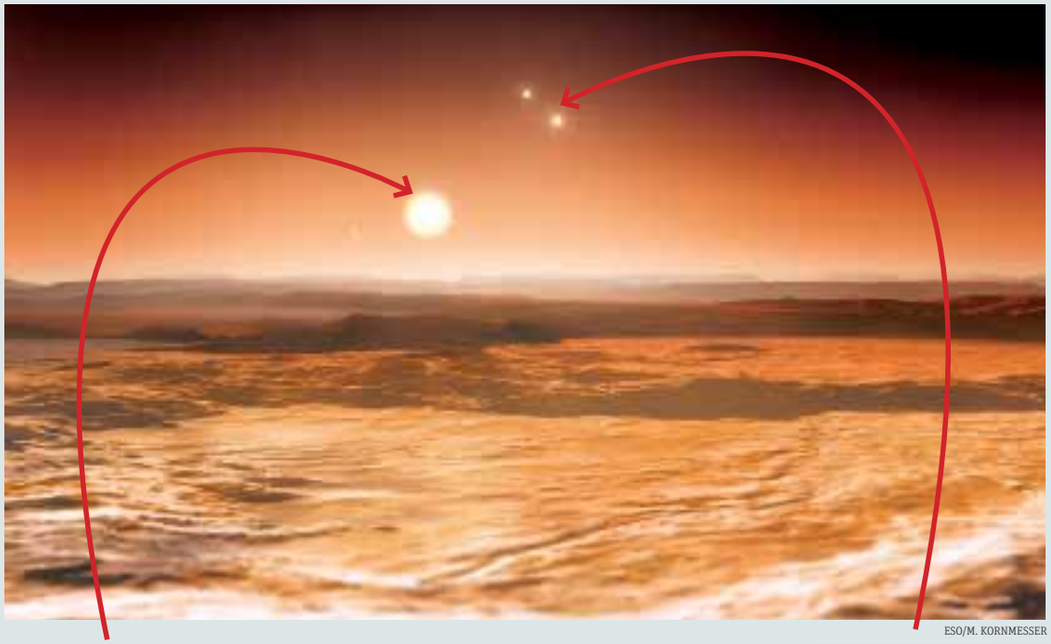
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

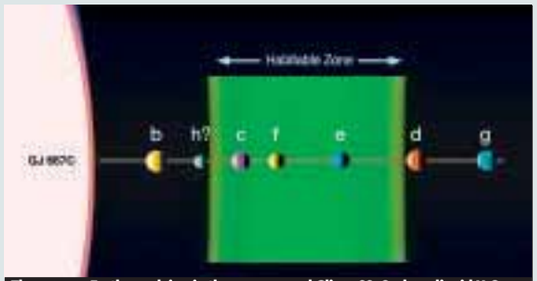
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or "Goldilocks" zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). METRO



Three super-Earths are lying in the zone around Gliese 667C where liquid H_2O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. ESO

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C, pictured, is classified as a low-luminosity "M-dwarf" star just over one-third the mass of our sun.

In the background to the right the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYs. Here's a trio of blogs fitting that bill.

I Love Charts:

A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties. (ilovecharts.tumblr.com)

Dear Coquette:

A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappointments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:

This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy. (explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? it should be ABOLISHED!

@zephryus47: 340 million in economic spinoffs from the stampede. of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER Its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate

IN FOCUS
Richard Crouse
scene@metronews.ca

Sandra Bullock and Melissa McCarthy star in The Heat — a rare female buddy cop movie. HANDOUT

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend The Heat will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — Bonnie & Clyde vs. Dracula, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture Beaches, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.

One more

Finally, Whip It, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

The story of the bond between singer C.C. and wealthy lawyer Hillary is a weepie (the Wind Beneath Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like Hannah and Her Sisters and Annie Hall it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina (Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

Dale shining his Badge of honour

James Badge Dale isn't a household name, though he did star in AMC's short-lived but acclaimed Rubicon. But he's everywhere this summer. In Iron Man 3 he played Eric Savin, the villain's main henchman. In World War Z he's a gruff soldier stationed in South Korea. And in the forthcoming The Lone Ranger he's the titular hero's older outlaw brother, whose code is a bit more morally grey. He also has a sizable role in Parkland, about the JFK assassination and starring Zac Efron and Paul Giamatti. And he's soon to do a comedy with Joe Carnahan, who directed him in a memorable, upsetting death scene in The Grey.

What was it like doing films on this scale?
They were three different experiences for me in three ways — three separate genres, three completely different characters and three different sets of obstacles. I don't know how to ride a horse. (The Long Ranger producers) had me show up six weeks early and learn how to handle weaponry. On Iron Man, I've never worked in front of a green screen.

How quickly do you get over acting with major superstars?
You don't have time for that. It's not like you're meeting the guy on the street. You're working with him. So you have to show up for work. Someone told me you don't want to work with a guy who isn't nervous. I've made this mistake where I try to act like I'm not nervous. It's okay to be a little starstruck. You just come prepared and have fun.

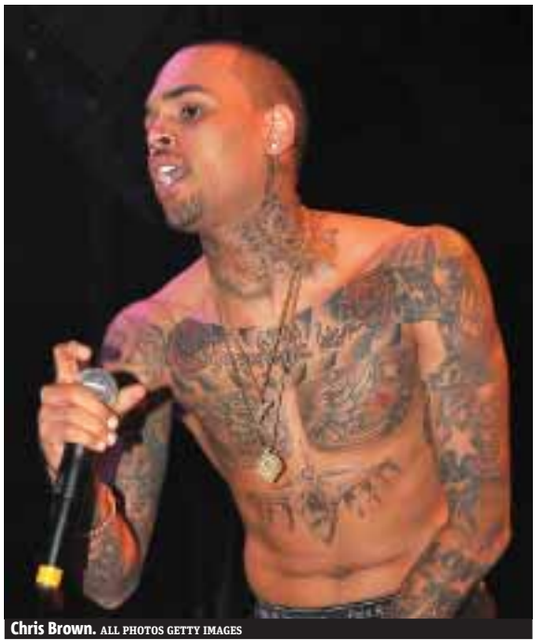
What's the difference with working on TV versus film?
The biggest difference with a film is there's a definitive ending. You know the beginning, middle and the end. You always know where you're trying to get to. With television, it's kind of a catch-22: If the show is successful it keeps going.

MATT PRIGGE/METRO

James Badge Dale stars in three big summer movies. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown. ALL PHOTOS GETTY IMAGES

Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, is standing up for himself, tweeting simply, "I didn't do anything" — although the tweet was quickly deleted.

Johnny Depp.

Johnny Depp likes playing dress-up

Johnny Depp feels so connected to Captain Jack Sparrow, his iconic Pirates of the Caribbean character, that he actually travels with the costume at all times, he tells E! News.

"Sometimes you go to kiddie hospitals and things like that," he says of his recent travels.

"I'll just sneak in and go and surprise a bunch of kiddies through the different wards. It basically turns into a two-, three-hour improvisation and it's really fun. So I travel with Captain Jack."

The Word

Who needs love when you have a few million in the bank?

THE WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl!

It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow), Pasquale Rotella.

She showed off her giant new engagement ring, which was designed by Rotella, on her blog and to People magazine. The 18-carat yellow diamond ring is surrounded by pink and yellow flowers made from diamonds. And, oh yeah — owls.

"Because we love owls, there is a hidden owl engraved on the rose gold in between two of the flowers," she says. "The band is art nouveau-inspired, to go with the flowers."

Holly Madison's ginormous, owl-themed ring is hopefully big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than $2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials. Rotella would use the coliseum to host raves.

Rotella is currently out on a $1.8 million bail and is due back in court on July 29. So basically, Madison, who was previously engaged to the 80-something Hugh Hefner, likes to choose mates who she thinks she won't have to be with for very long.

Channing Tatum.

Tatum made more than a movie last year

The upcoming White House Down holds a special place in Channing Tatum's heart.

"Jenna (Dewan-Tatum) and I weren't pregnant then, but we conceived on that movie," the new dad tells E! News.

Of course, having a newborn and being a working actor can sometimes cause some conflict.

"I'm away from her for 12 to 13 hours and I feel like I come home and I feel like she's changed," says Tatum, who is currently living and working in London. "Like her face looks different. You feel like every minute that you miss is horrible."

Amy Winehouse.

Maybe Winehouse didn't need to go to rehab after all

It's been nearly two years since Amy Winehouse's death, and her brother, Alex, thinks everyone has it all wrong.

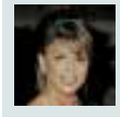
Alex says it was the tragic singer's bulimia that killed her, not drugs and alcohol.

"She suffered from bulimia very badly. That's not, like, a revelation. You knew just by looking at her," Alex tells the Guardian. "She would have died eventually, the way she was going, but what really killed her was the bulimia. Absolutely terrible."

Twitter

@mindykaling
Cookies, cupcakes, Italian ice, sushi, steak, fries, creamed spinach, onion rings, s'mores, on my birthday we ate like I'm a Roman Emperor

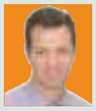
@chriscolfer
Who is in charge of the minion blimp flying over LA and how can I get invited for a ride???



@PaulaAbdul
What projects are you working on this summer? Gardening? Remodeling? Organizing? Are you enjoying it with a friend?

Canada Day

Patriotic places in our great country



ON THE MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions on places that have played a key historical role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.
In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World. Prepare to have any romantic notions of Vikings dispelled; a visit here will illuminate just how tough life would have been for these intrepid explorers.

Louisbourg, Cape Breton Island, N.S.
Dozens of staff dressed as soldiers, shop keepers and townsfolk add cultural colour to the bricks and mortar of the old fort. In its heyday it was a hub of power for the French in the New World. Eventually, the English squashed their hold on the region by overthrowing Louisbourg and forcefully expelling the peaceful French-speaking settlers, known as the Acadians, from the surrounding territories. As part of the fort's 300th anniversary celebrations in 2013, it will play host to a number of special events.

The Cave & Basin National Historic Site, Banff National Park, Alta.
The site was re-opened in May after extensive renovations aimed at offering visitors a more interactive, high-tech and interpretive experience. It was the first created by, and gave birth to, our national park system.

PARKS CANADA IS CELEBRATING CANADA DAY BY OFFERING FREE ADMISSION TO EVERY NATIONAL PARK, HISTORIC SITE AND MARINE CONSERVATION AREA ACROSS THE COUNTRY.

Welcome to the city that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

BRIA MARRIETTE
Metro World News in New York

Your favourite New York City restaurant may have served as the backdrop for your favourite film. Check out some of these places next time you're in the Big Apple.

Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in The Devil Wears Prada. FLICKR

Craft Restaurant
The Devil Wears Prada (2006)
Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's greenmarket fare, hopefully your boss doesn't interrupt.
Getting there: 43 E. 19th St., 212-780-0880

Sardi's
The Muppets Take Manhattan (1984)
Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in The Muppets Take Manhattan. Who could forget the scene where Kermit replaces Liza Minelli's picture with his own green face, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin.
Getting there: 234 W. 44th St., 212-221-8440

It's not easy being green — but it's easy to have a drink at Sardi's. FLICKR

Lenny's Pizza
Saturday Night Fever (1977)
There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst.
Getting there: 1969 86th St., Brooklyn, 718-946-1292

Talk stocks over a drink at 21 — an eatery in Wall Street. FLICKR

Pershing Square Cafe
Friends With Benefits (2011)
Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast in New York."
Getting there: 90 E. 42nd St., 212-286-9600

Cafe Lalo
You've Got Mail (1998)
Satisfy your sweet tooth at this Upper West Side coffee shop and dessert bar. The self-proclaimed "most famous café in NYC" was featured as the backdrop for a chance meeting between Tom Hanks and Meg Ryan's characters. Open till the wee hours of the morning, the European decor and quiet ambiance make a perfect setting for a first date.
Getting there: 201 W. 83rd St., 212-496-6031

21 Club
Wall Street (1987)
The 21 Club, where greedy money grubber Gordon Gekko and his apprentice Bud Fox would meet in Wall Street, once functioned as a prohibition-era speakeasy. Visit for true meat-and-potato dishes — before you know it, you'll be discussing some of the finer things in life.
Getting there: 21 W. 52nd St., 212-582-7200

The taste is orgasmic

When Harry Met Sally (1989)
Katz's Delicatessen 205 E. Houston St., 212-254-2246
Houston Street Eatery Katz's Deli has been a favourite of native New Yorkers since the early 20th century, but it wasn't until 1989 that the rest of the world caught a glimpse of the revered restaurant for the first time. A classic in every sense of the word, Katz's has a wide selection of traditional diner favourites from burgers to pastrami sandwiches.

That green giant has nothing on this scrumptious Bowl of Green Goodness

NICOLE MACPHERSON
yummymummyclub.ca

In warmer months, I long for greenery — both in my garden and on my plate. This Bowl of Green Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

It's also a meal that is delicious either hot or cold. I often make extras just so I can have it cold the next day.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven to 425 F. Slice the zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

This vegan dish is delicious hot or cold. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Drink of the Week

Alto Frizzante

Bubbling with fresh fruit flavours and a sparkling texture, this chic cocktail is light and sophisticated.

- 1.5 oz Belvedere Vodka
- 1/2 oz Limoncello
- 4 oz Prosecco
- Lemon zest for garnish

Shake together the Belvedere vodka and Limoncello.

Top with fizzy Prosecco in champagne flute.

Garnish with lemon zest.
COURTESY OF BELVEDERE VODKA

Ancient grain gives healthy Tabbouleh even healthier kick

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

These days, more and more people seem to agree that this Middle Eastern salad of bulgur wheat tossed with cucumbers, tomatoes, herbs, olive oil and lemon juice is delicious.

So why would anyone want to mess with success? Because even though bulgur wheat — a whole grain that has been cracked and partially cooked — is healthier than white rice, quinoa is even healthier.

1. Using mesh strainer, rinse and drain quinoa under cold water.

2. In saucepan over medium heat, combine quinoa, broth and 2 tablespoon of lemon juice. Bring to boil, then reduce to simmer, cover and cook until broth is absorbed, 13 minutes. When done, grains will appear soft and translucent, and germ ring will be visible along outside edge. Transfer to shallow platter and spread. Let cool.

3. Meanwhile, place tomatoes in mesh strainer. Sprinkle lightly with salt and set over sink to let drain for 10 minutes.

4. Once the quinoa has cooled, transfer it to a large serving bowl. Add the drained tomatoes, the cucumber, scallions, garlic, remaining 4 tablespoons of lemon juice and the oil. Season with salt and pepper to taste. Chill for at least 1 hour, or until ready to serve. Just before serving, stir in the parsley and mint. THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1 cup quinoa
- 1 1/4 cups vegetable broth
- 6 tbsp lemon juice, divided
- 2 cups halved cherry tomatoes
- Kosher salt
- 2 cups finely chopped seedless cucumber
- 3 scallions, finely chopped
- 1 clove garlic, minced
- 1/3 cup extra-virgin olive oil
- Black pepper
- 2 cups firmly packed fresh flat-leaf parsley, chopped
- 1 cup firmly packed fresh mint leaves, shredded

Lunch. Fiesta Quinoa Salad

NICOLE MACPHERSON
yummymummyclub.ca

1. Prepare quinoa according to package directions. Refrigerate until completely cooled.

2. Whisk together lime juice, olive oil, garlic, onion powder, cumin, sugar, salt and pepper.

3. Add chickpeas, black beans, and cherry tomatoes to the cooled quinoa. Pour dressing over top and combine well.

4. Stir in the cilantro and avocado just before serving. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 cup quinoa
- 1/3 cup lime juice
- 1/4 cup olive oil
- 1 clove garlic, crushed
- 1 1/2 tsp minced dehydrated onion or onion powder
- 1 tsp cumin
- 1/2 tsp sugar
- Sea salt and cracked pepper, to taste
- 1 cup canned chickpeas, rinsed and drained
- 1 cup canned black beans, rinsed and drained
- 1 pint cherry tomatoes, halved
- 1/2 cup cilantro, chopped
- 1 avocado, diced

IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

AJA/VEER

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)
- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.
- Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.
- Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)
- Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffling, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system – manufactured supplements and food. Here are some probiotic-rich foods you might want to try:

- **Yogurt** – Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** – This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** – You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** – Look for brine-cured pickles that don't contain vinegar
- **Kimchi** – This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.

STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes." says dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally ... Food I Can Eat.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

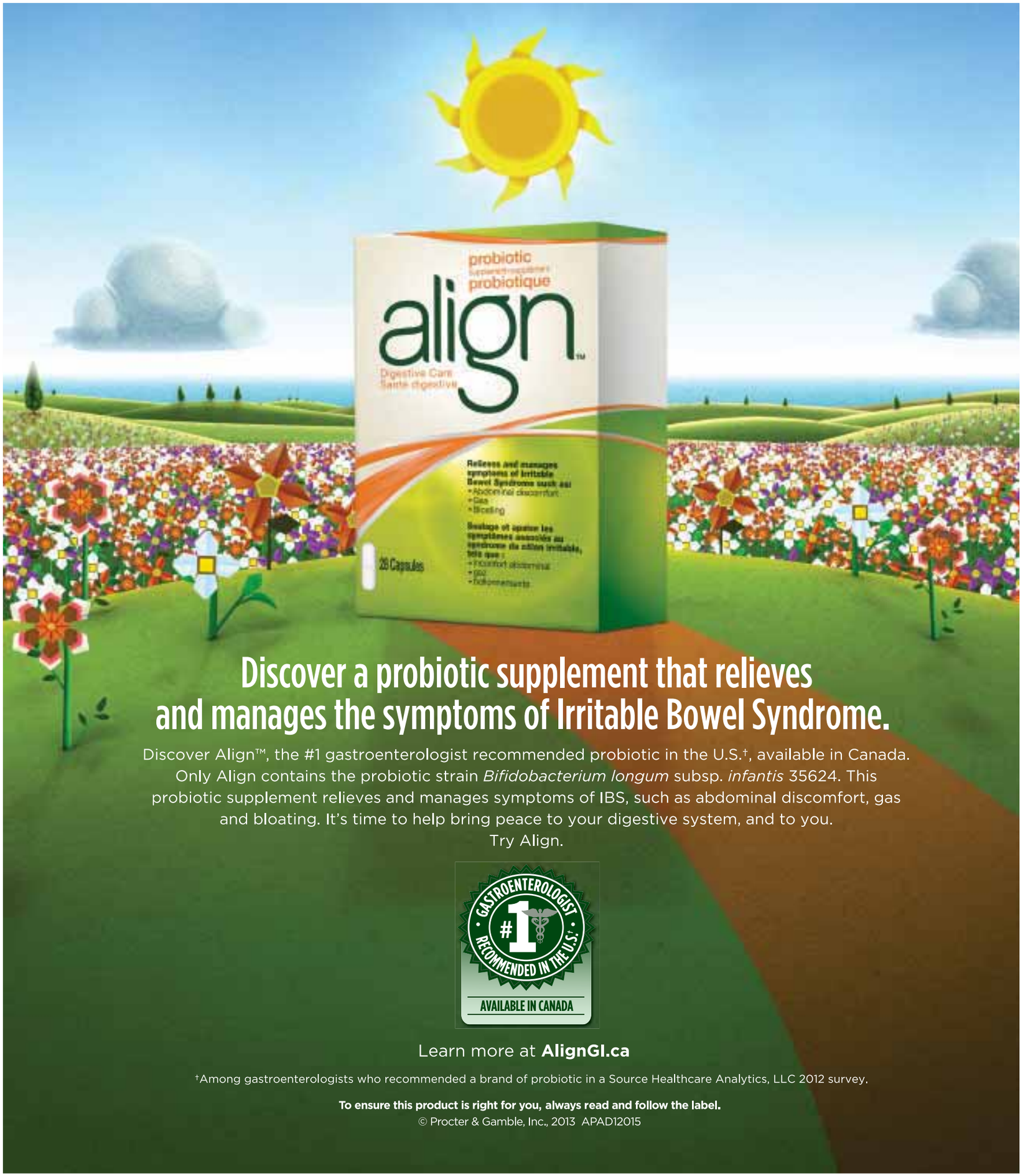
According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," helping to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



Discover a probiotic supplement that relieves and manages the symptoms of Irritable Bowel Syndrome.

Discover Align™, the #1 gastroenterologist recommended probiotic in the U.S.†, available in Canada. Only Align contains the probiotic strain *Bifidobacterium longum* subsp. *infantis* 35624. This probiotic supplement relieves and manages symptoms of IBS, such as abdominal discomfort, gas and bloating. It's time to help bring peace to your digestive system, and to you.
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BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

NEWS CANADA

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes

Total Time: 35 minutes

Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such salads, veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted and you'll be able control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

YELENA KOVALENKO/VEER

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

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Aide à réduire les taux de cholestérol pour favoriser la santé cardiovasculaire
Promotes digestive health**
Favorise la santé digestive**
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✓**Helps lower cholesterol levels* to promote heart health**

✓**Promotes digestive health****

✓**Boosts daily fibre intake**

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† Source Health Care Analytics, 2012. © 2013 P&G

TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

• Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.
• Never "grab a bite" from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.
• Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to drink, you use use one of three purification methods — a filter, chemical tablets, or boiling.

YURI ARCURS/VEER

• In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of water including mango, watermelon, and grapes.
• Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).
• It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the "runs" can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, "diarrhoia" meaning "a flowing through," occurs when something disrupts the routine in your digestive system.

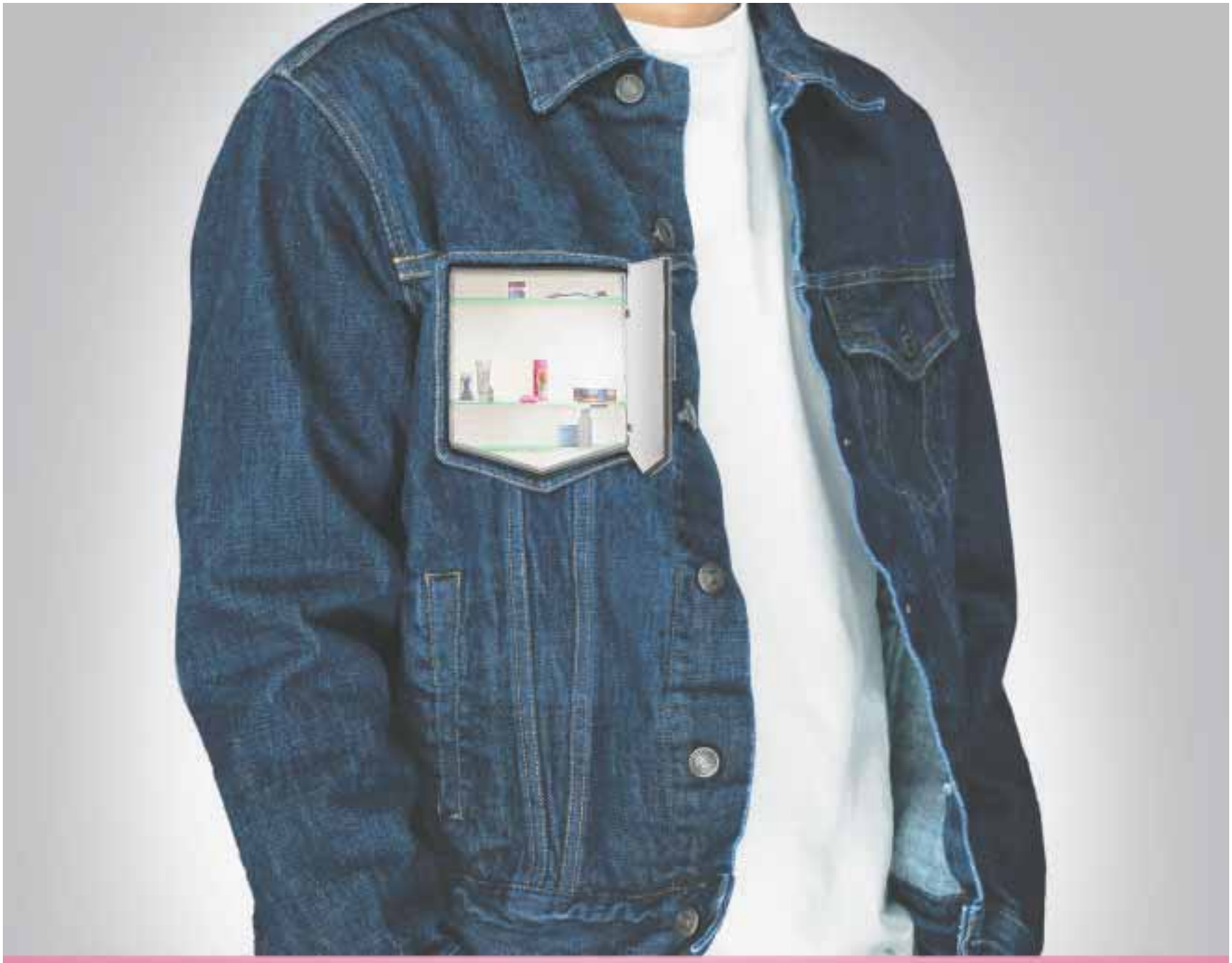
Loose bowel motions or diarrhea happens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally… Food I Can Eat, summertime is ripe for tummy troubles such as diarrhea.

"The healthier your gut, the fewer symptoms you'll have," says Plant, who offers up these tips for tummy troubles:
• Taking a zinc supplement can help keep your immune system and gut healthy.
• Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.
• For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes you've lost.
• If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a little lemon juice and honey for an extra bit of flavour.

NANKA (KUCHERENKO OLENA)/VEER

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.



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WAVEBREAKMEDIAMICRRO/VEER

PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store for advice on herbal remedies or natural supplements such as melatonin, hops, magnesium and calcium.

And don't forget — when taken together, magnesium and calcium become even more effective; the magnesium cancels out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

Some final words of advice for you — if peaceful slumber continues to elude you, it could be a symptom of a more serious medical condition that may require you to contact your doctor.

WAYS THAT SUMMER CAN ROB YOU OF REST

LIGHT, NOISE, HEAT CAN AFFECT SLEEP

If you're thinking of catching up on your beauty sleep this summer, you should be aware of some of the ways that the season could affect your slumber.

From rising temperatures and extended daylight to annoying pollen allergies, summer could have you rethinking your sleeping strategy.

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have summertime. But the extended daylight can come at a cost. Since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can actually make your allergies worse. If problems persist, ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find yourself tossing and turning in bed? If you do, you're not alone. Heat often acts as a stimulant rather than a relaxant. To avoid sleeplessness brought on by heat, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. Outdoor parties that extend far into the night can keep you awake well into the wee hours. If noise is a problem, earplugs or a white noise machine might help.

QUICK COOL TIP

If nighttime heat is robbing you of sleep, run your wrists under a cold tap. Your wrists and the inside of your arms are areas where your blood stream flows closest to the surface of your body. Running them under cold water for a minute will cool your blood down, making your whole body cooler.

If you're interested in learning more about sleep, including sleep disorders and research, and also where to find sleep medicine clinics in Canada, visit the Canadian Sleep Society at canadiansleep-society.ca.

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Demonstrate your worth as an employee by including not only your strengths, but valuable examples of your accomplishments as well. If you do make it to the interview, you will be able to expand on the examples at that time.

ISTOCK

Stop, in the name of a relevant resumé

Word alert. Replace the repetitive rhetoric with careful, concise communication

MICHELLE CIRCOSTA
TalentEgg.ca

Throughout the job application process you only have a few opportunities to make an impression.

Arguably the most important of these is making an impact with your resumé. The last thing you want to do in today's competitive job market is have a resumé that is plagued with empty and overused claims.

A survey of 1,300 senior managers by staffing firm OfficeTeam reveals some of the most over-used phrases on resumés include "highly qualified," "hard worker" and "team player," along with several others, outlined to the right.

If your resumé lacks specifics, it will surely go unnoticed. Anaar Dewjee, division director at OfficeTeam, shared her insight regarding the art of resumé writing.

One word that Dewjee can't stand to see on a resumé is "reliable." The problem with this type of descriptive word is that it describes behaviours that are impossible to showcase on a resumé.

Listing duties and/or adjectives also adds no value to your resumé. Most of that information can be inferred simply be reading the job title you've listed.

Accomplishments, on the other hand, are far more effective and in fact much easier to communicate. Use your accomplishments to highlight skills that are transferable to the position.

For students, writing a professional resumé can be especially tricky since many of us do not have much relevant experience. If this is the case, Dewjee recommends highlighting academic achievements, your area of specialization as well as your volunteer experience.

If you are active and involved in your school, that should be clearly demonstrated on your resumé. You may also consider including some of your own specific goals. Be sure to really highlight your energy, focus and drive.

The most important thing to remember when writing a resumé is that using adjectives to describe yourself will not entice an employer to pencil you in.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Work that Wite-Out

During a survey, senior managers were asked, "What is the most overused or meaningless phrase you see on resumés?" Below are some of their top responses, along with advice on how to give employers what they're really looking for on your resumé:

- **Highly qualified:** Describe what you bring to the role. Highlight your accomplishments in previous positions, emphasize your specific skills and note your education or other qualifications. Explain exactly how you've gone the extra mile.
- **Team player:** Working well with others is a must for any role today. Provide examples of how you partnered with classmates, fellow volunteers, colleagues or individuals in other departments to meet an objective.
- **Problem solver:** People love employees and colleagues who can help them get out of a pickle, but be specific when you describe this quality. Highlight a difficult situation you encountered and how you handled it.
- **Flexible:** Hiring managers seek candidates who can adapt quickly to new situations. Describe how you responded to a major change at work or dealt with the unpredictable aspects of your job.
- **Self-starter:** Companies seek individuals with initiative who can contribute immediately. Show how you took action when you saw an issue that needed to be fixed.

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Ontario

NHL

Canucks welcome Torts as new coach

The Vancouver Canucks found their replacement for Alain Vigneault on Tuesday, naming John Tortorella the 17th head coach in the club's history.

Tortorella was let go by the New York Rangers a few weeks ago and Vigneault recently replaced him in the Big Apple. Tortorella, who has 24 years of coaching experience, won a Stanley Cup with the Tampa Bay Lightning in 2004.

He said coaching in Canada has been one of his dreams. THE CANADIAN PRESS

New Canucks head coach John Tortorella THE CANADIAN PRESS

Wimbledon

Raonic leads great start for Canada

Milos Raonic capped an impressive start by Canadian players at Wimbledon with a straight-sets victory over Argentina's Carlos Berlocq on Tuesday at the All-England Club.

Raonic, the No. 17 seed from Thornhill, Ont., completed a 6-4, 6-3, 6-3 win to become the fourth Canadian to reach the second round at the Grand Slam event this week.

Ottawa's Jesse Levine also won Tuesday, a day after Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard posted victories. THE CANADIAN PRESS

Blackhawks captain Jonathan Toews celebrates with the Stanley Cup after Monday night's 3-2 win in Game 6 of the final against the Bruins at TD Garden in Boston.
DAVE SANDFORD/THE ASSOCIATED PRESS

Core values could keep cups coming to Chicago

NHL. Majority of champion Blackhawks' stars are locked up for years to come

When Rocky Wirtz took over the Chicago Blackhawks six years ago, they were among the worst teams in the NHL.

Fast forward to Tuesday, when the owner mingled with fans and friends hours after the Blackhawks flew home with the Stanley Cup for the second time in four seasons. It's been quite the turnaround, and the 60-year-old Wirtz thinks there is more to come.

"I think we're going to see a lot of good years ahead of us," he said.

It sure looks that way.

Unlike in 2010, when the title-winning team underwent changes because of salary-cap issues, the Blackhawks will be able to bring back many of their top players next season.

Forwards Jonathan Toews, Patrick Kane, Marian Hossa and Patrick Sharp, and defencemen Duncan Keith and Brent Seabrook are all under contract for at least two more seasons. Brandon Saad, one of the finalists for the Calder Trophy, is years away from free agency.

Free agents in Chicago

According to CapGeek.com, forwards Bryan Bickell, Michal Handzus, Viktor Stalberg and Jamal Mayers, defenceman Michal Rozsival and goalie Ray Emery are eligible for unrestricted free agency.

"I think there's something about our core," said Kane, who won the Conn Smythe Trophy as MVP of the playoffs. "Hopefully we can stay together a long time, because that's two cups in four years, and we seem to only be getting better and better as players as time goes on here."

The Blackhawks lost in the first round of the playoffs in each of the previous two seasons, but general manager Stan Bowman decided to stay the course and it paid off Monday night with another championship. THE ASSOCIATED PRESS

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DRIVE 5

Presenting the 2014 Acura MDX

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Compare

1 Infiniti JX
Base price: $47,000

2 Buick Enclave AWD
Base price: $46,100

Review. Lighter, stronger, quicker and more fuel efficient, here's how Acura did it

MALCOLM GUNN
wheelbasemedia.com

For years, the term "all new" has been an abused and incorrectly applied phrase in the lexicon of automotive jargon.

However, it's exactly the right term to describe the 2014 Acura MDX. This premium-grade seven-passenger wagon shares nothing with its predecessor and also breaks new ground in content, technology and fuel efficiency. The new MDX conveys a stronger sense of luxury, especially with its "Jewel Eye" headlights that have become the signature styling item for the Acura brand.

Although cargo volume has been slightly reduced, functionality has improved with added length behind the third-row seat. There's also a flatter load floor when both rear rows are folded. The MDX has supportive front-row buckets and an adjustable second row with 15 centimetres of fore/aft travel.

That creates a decent passageway to the third row that's suitable for a couple of kids, but remains a penalty box for adults. To assist, however, there are illuminated buttons on each side and behind the second-row bench that, when pushed, make the seat slide forward for easier entry and exit.

Button clutter on the redesigned dashboard and control panel is reduced to nine from 41 as the rest are now incorporated into a console-mounted dial plus a touch-screen display for the audio, communications and climate-control systems.

For the driver, a simple display between the speedometer and tachometer shows basic navigation and audio info plus outside temperature, average speed and fuel consumption.

The previous MDX featured a firmed-up ride and sporty (as in high-effort) steering, but customer feedback showed that that's not the priority. The 2014 model goes the other way, now, with a more supple ride and lighter steering. The MDX drives like an upscale wagon should, but is in no way bouncy or sloppy over rough surfaces.

The finished product now rests on an all-new (there's that term again) and more rigid platform, complete with front and rear suspensions specifically designed to improve ride and reduce annoying road noises.

Acura claims the more aerodynamic body structure weighs about 55 kilograms less and, combined with other measures, contributes to a total 125-kilogram weight trimming (for comparison, the Audi Q7 is heavier by about 450 kilograms). Those numbers would improve if the U.S.-only front-wheel-drive MDX (a first for the brand) was offered in Canada.

It would also have dropped the base AWD MDX's $51,900 list price by at least a few thousand dollars. At the upper end of the scale, the loaded-to-the gills MDX Elite tops $67,900.

However the improved AWD system is one of the vehicle's key strengths, considering how well it aids bad-weather grip and works with the braking system to help keep the MDX on its intended path in the turns.

No matter how you slice it, the MDX's improved status will score major points with buyers and give the proper meaning to the term "all new."

Design

Of course the shape and familiar shield-type grille are dead giveaways as to the MDX's origins. But a slightly lower roofline, a 7.5-centimetre stretch between the front and rear wheels and a five-centimetre gain in overall length makes it appear larger than the tape measure suggests.

Fuel economy

It's also more fuel efficient, with an estimated 11.2 l/100 km city rating and 7.7 on the highway, bettering the previous 13.2/9.6 marks. That's close to 25 per cent better on the highway.

Engine

Another area of reduction is the 290-horsepower 3.5-litre V6 that replaces the 300-horsepower 3.7. Smaller, yes, but no one will be the wiser since the 3.5's torque rating is within three pound-feet (267 at 4,500 r.p.m. versus 270 at 5,000 r.p.m.) of the 3.7 and the lighter MDX moves as smoothly as ever.

Featured Vehicle

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Horoscopes

♈ Aries
March 21 - April 20
There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

♉ Taurus
April 21 - May 21
Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

♊ Gemini
May 22 - June 21
You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

♋ Cancer
June 22 - July 23
The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

♌ Leo
July 24 - Aug. 23
Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

♍ Virgo
Aug. 24 - Sept. 23
Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

♎ Libra
Sept. 24 - Oct. 23
You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

♏ Scorpio
Oct. 24 - Nov. 22
What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

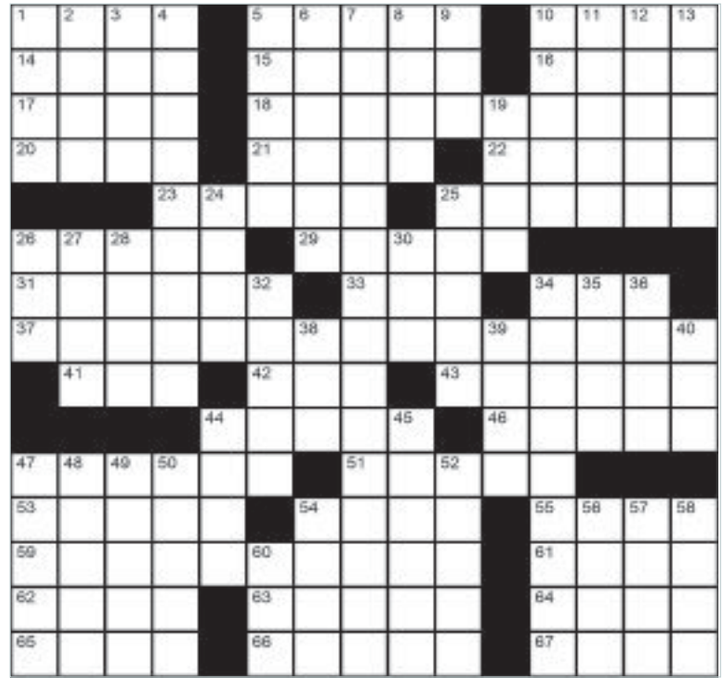
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

♓ Pisces
Feb. 20 - March 20
You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

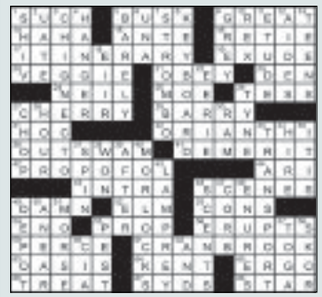
BY KELLY ANN BUCHANAN



Across
1. Underground shopping network in Toronto
5. Chump
10. Thailand, once
14. Fertilizer component
15. "It's been _ __ pleasure..."
16. Seasoned stew, __ podrida
17. Mr. Penn
18. "Canadian Idol" judge: 2 wds.
20. Challenging
21. Give off
22. Tidal bore
23. Worth
25. Futuristic cards
26. Nile River dam
29. Low point
31. Rigid, as per discipline
33. Incurred
34. Look
37. 1972 to 1983: News-themed Canadian game show: 2 wds.
41. Quick rotation meas.
42. Cap
43. Character on HBO's "True Blood", __ Stackhouse
44. Tartan
46. Pass, as law
47. Tie-dye wearer
51. Portia's "Ally McBeal" character
53. Arctic boat
54. Vehicle variety
55. Surfer's need
59. Kim Mitchell's pre-solo-career band: 2 wds.
61. Really inspired
62. Opposin'
63. Ms. Witherspoon
64. Not early
65. Social pages words
66. Brewery kilns
67. Prime Minister William __ Mackenzie King (b.1874 - d.1950)

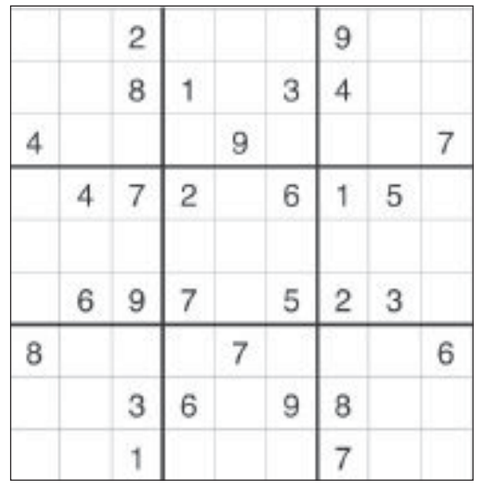
Down
1. 1994 Moist song
2. Domain
3. Rupture
4. Margaret Atwood novel, The __ Tale
5. Less dangerous
6. Fit snugly: 2 wds.
7. 60-second TV spot featuring Canadian history: 2 wds.
8. Retro milkshake
9. Vaudeville star Mr. Olsen (b.1892 - d.1963)
10. Up to now: 2 wds.
11. Volunteer's you-movie, "__ Wednesday" (1973)
27. 'Trick' suffix
28. Shawl, for one
30. Play-__
32. Novel's name
34. Manitoba town founded in 1878
35. "__! _ mouse!"
36. Mr. Burdon of The Animals
38. 1969: First man on the Moon ...his monogram
39. Brit rocker Mr. Gallagher
40. Arrange
44. Medieval weapon
45. Hate
47. '80s band, The __ League
48. Reflection
49. Woman's short hairstyle, __ cut
50. Chess pieces
52. Knowledgeable traditions
54. Between ports
56. Travelling
57. Refuse to permit
58. A famous Barbara
60. Jake to Maggie, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	3	9	1	4	7	8	6	2
1	7	2	6	8	3	4	9	5
4	8	6	5	9	2	7	3	1
9	2	5	7	6	4	1	8	3
3	4	7	2	1	8	9	5	6
8	6	1	3	5	9	2	4	7
6	1	4	9	7	5	3	2	8
2	5	8	4	3	1	6	7	9
7	9	3	8	2	6	5	1	4

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LEASE OR FINANCE

$0 DOWN PAYMENT

FOR A LIMITED TIME

CIVIC: CANADA'S FAVOURITE CAR 15 YEARS IN A ROW**

MODEL FB2E2DEX

2013 CIVIC DX

LEASE BI-WEEKLY FOR ONLY

$88@2.99% APR

FOR 60 MONTHS[Ω] WITH $0 SECURITY DEPOSIT.

OR

$0 DOWN LEASE OR FINANCE/ OAC

FINANCE BI-WEEKLY FOR ONLY

$88@1.99% APR

FOR 84 MONTHS[†]. $16,970 SELLING PRICE INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

MODEL RM3H3DES

2013 IIHS TOP SAFETY PICK: SMALL SUV

2013 CR-V LX

LEASE BI-WEEKLY FOR ONLY

$141@1.99% APR

FOR 60 MONTHS[Ω] WITH $0 SECURITY DEPOSIT.

OR

$0 DOWN LEASE OR FINANCE/ OAC

FINANCE BI-WEEKLY FOR ONLY

$150@1.99% APR

FOR 84 MONTHS[†]. $27,765 SELLING PRICE INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

ALL-NEW 2013 ACCORD LX

LEASE BI-WEEKLY FOR ONLY

$144@3.99% APR

FOR 60 MONTHS[Ω] WITH $0 SECURITY DEPOSIT.

OR

$0 DOWN LEASE OR FINANCE/ OAC

FINANCE BI-WEEKLY FOR ONLY

$151@3.99% APR

FOR 84 MONTHS[†]. $25,765 SELLING PRICE INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

MODEL CR2E3DE

2013 CANADIAN CAR OF THE YEAR

Automobile Journalists Association of Canada

BI-WEEKLY LEASE ONLY AVAILABLE ON 48 & 60 MONTH TERMS*

OR CHECK OUT THESE OTHER DEALS

LEASE OR FINANCE STARTING FROM **0.99% APR** ON SELECT 2013 HONDA MODELS. LEASE FOR 24 MONTHS[#] OR FINANCE UP TO 48 MONTHS.[^]

OR GET UP TO **$4000**[◆] CASH INCENTIVES ON OTHER SELECT 2013 HONDA MODELS.

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2INTO. JULY 12-14, 2013 2 INDYCAR RACES, 1 WEEKEND.

HONDA

[Ω]Limited time lease offers on any new 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models available through Honda Financial Services Inc., on approved credit. Representative bi-weekly lease examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) on a 60 // 60 // 60 month term with 130 // 130 // 130 bi-weekly payments at 2.99% // 1.99% // 3.99% lease APR and $0 // $0 // $200 customer incentive and $354 // $0 // $0 individual dealer contribution deducted from the negotiated selling price before taxes (customer incentive and dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program). The bi-weekly payment is $88 // $140.66 // $143.42 [includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Civic DX), and OMVIC fee ($5)] with $0 // $0 // $0 down payment or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,440 // $18,285.80 // $18,644.60. 120,000 // 120,000 // 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. [†]Receive 1.99% // 1.99% // 3.99% purchase financing on any new 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models for a maximum of 84 // 84 // 84 months available through Honda Financial Services Inc. (HFS), on approved credit. Representative bi-weekly finance examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models on an 84 // 84 // 84 month term at 1.99% // 1.99% // 3.99% APR and $1,600 // $2,395 // $1,750 Finance incentive and $0 // $0 // $200 customer incentive and $431 // $0 // $0 individual dealer contribution deducted from the negotiated selling price before taxes. Finance incentive applies only to Finance contracts through HFS. Finance incentive, customer incentive and individual dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970 // $27,765 // $25,765 [includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Civic DX), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration]. Cost of borrowing is $1,077.28 // $1,829.20 // $3,519.44 for a total finance obligation of $16,016.28 // $27,199.20 // $27,334.44. $0 // $0 // $0 down payment required based on approved credit from Honda Financial Services Inc. [#]Limited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 24 month term at 0.99% lease APR, the monthly payment is $471.21 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100), and OMVIC fee ($5)] with $0 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $11,309.04. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [^]Receive 0.99% purchase financing on any new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) models for a maximum of 24 // 48 // 24 // 48 months available through Honda Financial Services Inc., on approved credit. Representative finance example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR and complete price of $27,765 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100) and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], the monthly payment is $590.20. Cost of borrowing is $564.60 for a total finance obligation of $28,329.60. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. *Bi-weekly lease available on all 2013 Honda models on 48 and 60-month terms only. •$4,000 // $4,000 // $3,000 // $2,500 // $2,000 // $1,500 // $1,000 // $500 customer cash incentive is valid on any new 2013 Honda Pilot // 2013 Honda Odyssey // 2013 Honda Ridgeline // 2013 Honda CR-V (except LX 2WD, model RM3H3DES) // 2013 Honda Crosstour // 2013 Honda Accord Coupe and Sedan (except LX Sedan 6MT, model CR2E3DE) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Honda Fit (except DX, model GE8G2DEX) models when registered and delivered between June 1 and July 1, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ••Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.